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MANAGING STRESS AND ENHANCING PERFORMANCE: HEMI-SYNC® AT DUKE UNIVERSITY

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In 1996 Stefan J. Kasian received his degree from Duke University in premedicine, computer science, and psychology. He also received a certificate in science, technology, and human values. Stefan plans to embark upon a career in mind-body medicine.

On Thursday, November 7, 1996, I introduced Hemi-Sync® to a class at Duke University as part of Physical Education 14, "Stress Management and Performance Enhancement." This special course was created by Larry Burk, MD, associate professor of radiology at Duke University Medical Center and coordinator of the MindBody Medicine Study Group. He is also an anodyne imagery practitioner and uses techniques incorporating neurolinguistic programming (NLP), relaxation, and imagery to help alleviate pain during radiologic procedures. The course's purpose is to show undergraduates different consciousness technologies that facilitate peak performance and alleviate stress. It is held biweekly during the semester and features local health professionals, acupuncturists, and hypnotherapists. This particular class took place in the "wrestling room" of Card Gymnasium at Duke University's West Campus.

During this session, the *PREP* side of *H-PLUS® Synchronizing* was used to demonstrate Hemi-Sync's power to induce a state of relaxation and alter consciousness. The introductory remarks included a description of my experiences as a TMI research intern during the summer of 1994 and insights gained from participation in the August 1994 *GATEWAY VOYAGE®*.

The scientific basis of Hemi-Sync was also discussed, including a recent study of binaural beats to promote attention by James D. Lane, PhD, Department of Psychiatry and Behavioral Sciences at Duke Medical Center. I was Dr. Lane's assistant for this research project.

Approximately fifteen students lay side by side in rows on the wrestling mat while listening to the *H-PLUS* tape. Following the tape session, they were asked to share their experiences. Many of them related a peculiar occurrence: they found themselves quickly asleep before Robert Monroe completed the relaxation induction; just as quickly, they awoke upon his countdown to the awake state. It was explained that this experience could be a prelude to Focus 10—the 'mind awake/body asleep' state, a level of consciousness that may enhance performance. Another student found himself "flying as if in an amusement park ride." I suggested exploring the phenomenon further with Hemi-Sync tapes and Bob Monroe's books. Overall, the students were fascinated and simply did not want to return home. And they were grateful for the complimentary tapes and information packages provided by the Institute's

director of corporate development and the Professional Division. Needless to say, the consciousness superhighway may soon have some more fellow voyagers, thanks to The Monroe Institute and pioneers such as Dr. Burk who create such opportunities.

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